

C U O N G N H U and Y O U  
By Master Ngo Dong

Last week, a friend at work gave me an anonymous quote that she wants to share with me. I surely appreciate the wisdom of this unknown source, I added and modified as follows.

There is only one religion : LIFE.  
There is only one philosophy: TRUTH (LIGHT).  
There is only one Science: GOD (UNIVERSE).  
There is only one art: LOVE.  
There is only one school: NATURE, the school of WISDOM.  
There is only one doctrine: UNITY. That is the doctrine of UNDERSTANDING, of LIFE, of TRUTH, of ART, of SCIENCE and of WISDOM. (The original quote is underlined).

That's also my viewpoint about humanity.

It's the path to the mountain of ENLIGHTENMENT. There are many ways to reach the top. The toughest way is to climb the mountain in almost a straight line if possible (like the power line). In this case, the climbers must be the strongest in both mind and body. They focus in only one direction: the top. Surely only a few elitists could get to the top of the mountain to see the promised land. Others have no patience to think how to overcome adversity, then quitting is an easy choice; a few determined but unaware might crash and injure themselves. Their bad experience gives them a bitter taste if they eventually quit. The second category is composed of average people. They run or walk on switchback trails which are gradual progressions to higher altitudes. They can enjoy nature and view the landscapes in three directions: east, west and south, if the mountain is northbound. The third group of people is mostly either physically or mentally as tough as the others but they are just wiser and deeper by playing it safe and enjoying both the natural experience and the journey itself. They make a spiral pathway to the top as long as they don't lose the direction, they see and appreciate all sights in all directions and at all levels. They enjoy the whole trip in the process while the other two groups enjoy nothing, or parts of their journey and until they reach the top when they see the whole majestic picture around the mountain.

Cuong Nhu style philosophy has its uniqueness through two main characteristics: DIVERSITY/FLEXIBILITY. Technically, it ranges from the hardest to the softest ways for execution, depending on the case for the sake of life, energy and time saving. Philosophically, it allows the performers to make their best fit choice so they can experience all different ways for their personal growth with all possible flexibility (5-0s philosophy: Open mind (width), Open heart, Open arms, Open vision (depth) and Open doors (stress management). The following suggestion is based on my 26+ years of experience with all Cuong Nhu friends with varied cultural backgrounds and from different walks of life. The bottom line of priorities is as follows:

- 1)- Career (grown-up adults)/ Academic (youngsters).
- 2)- Family: parents-children/ Relationship (singles).
- 3)- Moral character building activities/leadership.
- 4)- Entertainment, recreational activities, avocation...

It's up to each of us to make a decision on your own priorities. To me, career is No.1 because it's a foundation to build up our family and relationship. If the foundation is shaky, when we cannot afford an economical, financial, mental, physical... independence then we'll have all kinds of trouble. Once we settle down our family/relationship, then we can consolidate it and embellish on it by getting involved in different worthwhile organizations. At right times, right places we'll meet right people and togetherness will give all opportunities to find a person/ persons having the same frequency of vibrations and avocation to make a life time relationship, not necessarily into marriage, but as a kind of comradeship. Our order of priorities might blend all together or change several times along with our ups and downs during our life like the weather but we have to constantly be aware of control the O/C syndrome (obsessive/ Compulsive). I'm very lucky to have a wonderful and understanding wife and supportive children. We were all survivors from a revolutionary war in Viet-Nam, we started out from zero many times: Tet offensive 1968, Quang tri- Hue attack 1972 moving to Saigon and trapped in Viet-Nam 1975-77 and November 1977 in USA. Both Bao, senior engineer at Intergraph (Huntsville, Al) having 4 engineers working under him, one of them earned a Master degree from MIT and Quynh (Building Construction, White & Aulk Co., Jacksonville) are project leaders in their fields. Anh, Head of Houseware Department as sale manager (3 promotions within 9 months breaking every record at Macy's in Atlanta. Thu, will graduate in May with double degrees in Sociology and Management this coming May, 1992. All of them worked their own ways through College. They all claim Cuong Nhu philosophy helped them to deal with people successfully. I am so proud to be their father, even though physically we didn't spend much time together as a whole family, but we were one in spirit and we are always together at heart. I hope that all our Cuong Nhu friends around the world have the same feelings and share our dreams together.

Life is only a continuous process of growth depending on how and what you see and feel out of it. The quote of wisdom at the beginning of this article was expressed under an analytic viewpoint. But if we see as the whole, the blending will offer different combinations and options and we have free choices to pick what would be the best strategy for a specific situation and to get the job done successfully. Life, Light and Love go on within each of us.

Good Luck! <sup>W/</sup> GANG!